

Miele

Chicken tray bake with butternut squash, coconut, lentils, seeds and feta

By Miele

15 minutes

Preparation time

55 minutes

Cooking time

4

Serves



INGREDIENTS

500g butternut squash, peeled
½ tsp ground cumin
½ tsp salt
500g chicken thigh, boneless,
skinless
400g tinned lentils, drained
½ cup shredded coconut
3 tbsp pumpkin seeds
2 tbsp sunflower seeds
1 tbsp black sesame seeds
200g feta
½ bunch parsley, leaves picked
Olive oil
Salt flakes and black pepper, to
taste

METHOD

1. Preheat oven on Moisture Plus at 170°C on Fan Plus with 2 bursts of steam.
2. Slice squash into wedges 1–2cm thick and place on a baking tray.
3. Combine salt and cumin. Sprinkle half on top of squash with 3 tbsp olive oil and toss to combine.
4. Place into the oven on shelf position 2 for 15 minutes, releasing a burst of steam immediately.
5. Sprinkle the remaining cumin salt on the chicken and place the chicken pieces in between the squash.
6. Release the second burst of steam and cook for a further 15 minutes.
7. Add the lentils and crumble the feta in large pieces around the squash and chicken. Cook for a further 10 minutes.
8. Add the coconut, pumpkin seeds, sunflower seeds and black sesame seeds and continue cooking for another 15 minutes.
9. Remove from the oven and transfer to a serving bowl, sprinkle over the parsley leaves before serving.